



## **Weekly Announcements**

Sunday, December 5, 2021

### **Sunday Morning Meditation**

Sundays, 9:00 am, in-person

On Sunday mornings, we will have our meditation practice at 9:00am. If the weather happens to be warm and sunny, we will meet in the church garden. For cold temperatures we will meet in the parlor and wear our masks. Our meditation begins with the shared reading of the Five Mindfulness Trainings, followed by a guided meditation from Thich Nhat Hanh, then a walking meditation, followed by a period of silent meditation, and closing with a sharing of our thoughts and anything we learned. (There will be no meditation on Sunday, December 19<sup>th</sup>). Please let me know if you'd like to participate. Contact Marie-Louise at 857-526-2579 or [mariejm1961@yahoo.com](mailto:mariejm1961@yahoo.com).

Worship Service

### **“Opening to Joy”**

Rev. Rebecca Froom

Sunday, December 5, 10:30 am, in-person or live stream

As we approach the final night of Hanukkah and enter the second week of Advent, we turn our attention to the stories, traditions, and insights of these holidays and what they might teach us for how we can open ourselves to joy, even in times of hardship or fear. Following the service, we will gather in the parish hall to decorate our Christmas tree.

Join by computer: <https://us02web.zoom.us/j/85369171483>

Join by telephone: 1-646-558-8656, Webinar ID: 853 6917 1483

### **Joys and Sorrows**

If you have a joy or sorrow to share this Sunday and will not be with us in the sanctuary during worship, please email your joy or sorrow to Rev. Rebecca at [rev.rebecca.froom@gmail.com](mailto:rev.rebecca.froom@gmail.com).

### **This Week in Religious Education**

Children's Programming at 10:30 am. Children will begin in worship and then we will go down stairs to the dining room which now has a new air filtration system. We will share a story, and make seed ornaments for our bird and squirrel friends.

### **Writing Group**

Sunday, December 5, 12:00 pm, in-person

Our UFPC Writing Group will be meeting again this year. We will meet the first Sunday of the month in-person in the parlor at 12:00 pm. As in past years, we welcome everyone to join us in a free writing session and optional sharing of our words that pursue thinking on a theme. This is a non-critiqued, open minded, generous group that encourages self-expression in a supportive gathering. You can attend one or more sessions. No advance reservation is required. Groups tend to vary in size between 6 and 14 participants, and the session lasts for 45

minutes to 1 hour. If you have any questions, do not hesitate to contact facilitator Jim Petosa at [jimjamespeto@aol.com](mailto:jimjamespeto@aol.com) or by phone at 301-442-3781.

### **Meet UFPC Newcomer Orientation**

Sunday, December 5, 12:15–2:00, in-person

Are you new to UFPC? Do you have questions about the congregation, Unitarian Universalism, or how you can become more connected to the community at United First Parish Church? This newcomer orientation, facilitated by Rev. Rebecca in the dining room, is an opportunity for participants to share their spiritual journeys, learn about Unitarian Universalist history and heritage, and hear more about the path to membership at UFPC. Snacks will be provided, and childcare may be available with one week's advance notice. Please RSVP by emailing Rev. Rebecca at [rev.rebecca.froom@gmail.com](mailto:rev.rebecca.froom@gmail.com) or filling out the sign-up sheet in the parish hall.

### **StandOut Quincy 4 Black Lives**

Thursdays, 2:30–4:30 pm, in-person

UFPC is partnering with Quincy for Transformative Change for an initiative in support of Black Lives Matter. We meet on the church front steps weekly to bear peaceful witness and to advocate for justice and equity for our fellow citizens of color. You are invited to join our small but dedicated group. Kindly direct your questions to me at my cell 617-272-0274 or [artclaire@comcast.net](mailto:artclaire@comcast.net). Thank you, Claire Fitzmaurice.

### **Fledgling Tales: UFPC Storytime**

Thursdays, December 9 and 30, 7:00 pm, on Zoom

A Zoom story half hour will be on the second and fourth Thursday of the month at 7:00 pm. Cozy up in your jammies, with your favorite stuffed animal, blanket and caring adult and join us for a time of ritual and sharing for preschool and elementary school age children. We will share a chalice lighting, we will read a story, everyone will check in and a family or guest will share a favorite story. Please make sure the name on your zoom account is recognizable, so we can let you in.

Join by computer: <https://uso2web.zoom.us/j/82507685947>

Join by telephone: 1-646-558-8656, Meeting ID: 825 0768 5947

Worship Service

### **“Courageous Change”**

Rev. Rebecca Froom

Sunday, December 12, 10:30 am, in-person or live stream

How do we respond courageously to the challenges of our times? As we continue our Guest at Your Table Program of the Unitarian Universalist Service Committee, we turn our attention to stories of courage and resilience that are unfolding locally and globally. How do our local efforts for justice connect with larger UU efforts for courageous change?

Join by computer: <https://uso2web.zoom.us/j/85369171483>

Join by telephone: 1-646-558-8656, Webinar ID: 853 6917 1483

### **Kindred Spirits Discussion Group for Seniors**

Wednesday, January 5, 10:00–11:30 am, in-person

Join Rev. Rebecca for a monthly discussion group in the parish hall, grounded in our UU values, where we reflect on current events and pressing social issues. This group is open to seniors age 60+ and will meet on the first Wednesday of the month. This will be our first meeting since February 2020; note that the group will now be

meeting at the church (during this time no snacks or coffee will be provided). Please contact Rev. Rebecca with any questions at [rev.rebecca.froom@gmail.com](mailto:rev.rebecca.froom@gmail.com) or 617-803-1159. If you need to enter the building via the handicapped accessible entrance, please call Rev. Rebecca at 617-803-1159.

### **Book Group**

Thursday, January 6, 7:00 pm, in-person or on Zoom

The UFPC Book Group meets on the first Thursday of every month from 7:00 to 8:30 pm, with a gap in summer and in December. All members and friends of UFPC are welcome to join us. We will meet in-person in the parish hall or you may join us on Zoom. We try to select a balance of styles. You are welcome to come even if you have not finished the book. Over the years we have had some practice at avoiding spoilers and it is always fun to have new voices.

The book this month is *Caste: The Origins of Our Discontents* by Isabel Wilkerson. In this brilliant and much acclaimed book, Isabel Wilkerson gives us a masterful portrait of an unseen phenomenon in America as she explores, through an immersive, deeply researched narrative and stories about real people, how America today and throughout its history has been shaped by a hidden caste system, a rigid hierarchy of human rankings. Beautifully written, original, and revealing, it is an eye-opening story of people and history, and a reexamination of what lies under the surface of ordinary lives and of American life today.

### **Collection for Father Bill's and MainSpring**

Throughout the winter, the Social Justice Action Committee will be collecting items for [Father Bill's and MainSpring](#). Baskets will be placed on the stage in the parlor and we are asking members and friends to frequently contribute items to help individuals and families in our community. Our neighbors in shelters and temporary housing with Father Bill's and MainSpring are in need of the following \*New\* items:

- Toiletries (examples: razors, feminine care products, deodorant)
- Clothing and more (examples: warm clothing, boots, backpacks, but no socks at this time)
- Linens (sheets, blankets, towels)
- Kitchen and cleaning supplies (dishes, utensils, pots/pans, paper and cleaning products)
- Baby products (diapers, pull-ups, wipes)
- Gift cards (grocery, gas, T, Walmart, Target – please give to a SJAC member)

Please contribute as often as you can! We are hoping to make MANY deliveries this winter. You may also view /shop FBMS wishlist at [tinyurl.com/amazonfbms](https://www.tinyurl.com/amazonfbms). Many Thanks!

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Office Hours: Monday, Tuesday, Thursday 8:00 am–12:00 pm or by appointment.  
Friday 8:00 am–4:00 pm.